

FITNESS RULES

*****Judging will be based on two rounds equally weighted.**

Two piece Suit:

Rules and mandatories the same as for figure.

Fitness Routine:

The fitness round is your choice. Contrary to popular opinion, **YOU DO NOT HAVE TO BE A GYMNAST** to do well in this round. Every competitor will get the opportunity to perform a maximum 2 minute routine. Judges will be looking for style, personality, athletic coordination, strength moves, endurance and overall performance. Contestants should give special attention to their apparel since it too will be judged. Routines may include aerobics, dance, gymnastics or other demonstrations of athletic talent. Props are allowed, but must be approved by the promoter in advance.

The fitness routine should encompass strength, flexibility and showmanship. Costumes, music and choreography are very important. There are moves which should be incorporated into the routine including: One Arm Push up, Straddle L Hold, L Press Hold, Side Split, Full Front Split, and high Kick. These are the same requirements that the NPC uses for their fitness competitions. We will not eliminate you if you are missing any of the moves but you should be working towards incorporating all of these. If you have these moves you will fill the requirements for all organizations.

